

Sandwiches

Tuna Mayonnaise Sandwich EC N P  
on White or Wholemeal Bread

Chicken Sandwich ♥ N P  
on White or Wholemeal Bread

Mild Cheddar Cheese Sandwich V N P  
on White or Wholemeal Bread

Ham Sandwich ♥ N  
on White or Wholemeal Bread

Egg Mayonnaise Sandwich V EC N  
on White or Wholemeal Bread

Gluten Free and Vegan Sandwiches are available, please ask  
Ward staff for relevant Menu.

Salads

- Chicken Salad P
- Wiltshire Ham Salad
- Tuna Mayo Salad ↑ P
- Egg Mayo Salad ↑ V
- Cheese Salad ↑ V P

The Renal Snack Bag

The Snack Bag is available 24 hours a day if you have missed a meal due to treatment or tests. A typical Snack Bag contains a sandwich, fruit, Mini Cheddars, and cake. If you would like a Snack Bag please speak to the Ward Nursing Staff.

Hot Desserts Served with custard on request

- Ginger Sponge ↑ EC V N
- Lemon Sponge ↑ EC V N
- Apple Crumble V N
- Raspberry Jam Sponge ↑ V EC N P with custard)
- Treacle Sponge ↑ V EC N (P with custard)
- Plain Custard EC V N

Cold Desserts

- Strawberry Cheesecake ↑ V N
- Apple ♥ V GF (N If peeled) (vegan)
- Orange ♥ V GF N (vegan)
- Peach and Pear in Juice V ♥ N GF (vegan)
- Rice Pudding EC V GF N
- Strawberry Custard Pot EC N GF
- Thick & Creamy Yoghurt EC P V N GF
- Light Yoghurt ♥ P V EC N GF

Breakfast Menu

Served with Semi Skimmed EC V N GF or Full Fat Milk EC V N GF

- Cornflakes V N
- Rice Krispies V N
- Weetabix EC V N (vegan)
- Ready Brek EC V N
- Branflakes V N

Gluten free options are available, please ask Ward Staff for a Gluten Free Menu.

- Croissants V N
- White or Wholemeal Toast V N (vegan)
- White or Wholemeal Bread EC V N (vegan)
- Sunflower Spread (vegan) or Butter EC V N GF
- Jam or Marmalade EC V N GF (vegan)
- Orange ♥ V GF N (vegan)
- Apple ♥ V GF (vegan)
- Thick & Creamy Yoghurt P EC V N GF
- Light Yoghurt P ♥ EC N V GF
- Cream Cheese EC V GF or Cheddar Cheese P V N  
and Crackers V N  
Served with Sunflower Spread (vegan) or Butter EC V N GF

Beverage Selection

Available during Ward drinks round

- Tea, Regular or Decaffeinated EC V N GF (vegan)
- Coffee, Regular or Decaffeinated EC V N GF (vegan)
- Lemon and Ginger Tea EC V N GF (vegan)
- Green Tea EC V N GF (vegan)
- Squash EC V N GF  
Orange or Lemon

Snack Menu

- Sliced Apple and Grape Bag ♥ V GF (vegan)
- Oranges, Apple ♥ V GF (N If peeled) (vegan)
- Assorted Packs of Biscuits ↑ V N
- Plain Custard Pot EC V N GF
- Strawberry Custard Pot EC N GF
- Lemon Drizzle Cake V EC N
- Carrot Cake V EC N
- Bakewell Slice V ↑ EC N
- Mini Cheddars N
- Cheese and Crackers P V N ↑  
Served with Sunflower Spread (vegan) or Butter EC V N GF

An assortment of biscuits will be available on the Ward. There will be a further selection of sweet and savoury items available for you to order with the Catering Assistant when they take your meal orders daily



freshly  
cooked for you

RENAL MENU  
SPRING / SUMMER 25



To leave feedback on your meal please scan the QR Code

STEAMED FOR FLAVOUR,  
TASTE & HEALTH





# Freshly cooked, nutritious food

We really hope you enjoy your meals during your stay, this is very important to us and we planned this menu to be well balanced to meet your needs whilst you are in hospital. Eating and drinking is an important part of your treatment and care, please talk to a member of the Ward Team if you have any concerns about your nutrition, if you cannot find anything suitable to eat or if you have specific dietary requirements

In addition to this Renal Menu, there is a range of other Menus available within the Ward Catering Folder that Ward Staff can access if required. This includes Kosher, Caribbean & West Indian, Vegan, Peanut and Tree-nut free, Standard, Modified Fibre and Modified Texture (level 4-6) Menus

The Standard Menu is available as a Large Print Picture Menu or Braille menu, available on request from the Catering Department. Some dishes on the Standard menu are not suitable for Renal patients, check with the Catering Assistant when ordering.

This Renal Menu may have some items that you usually avoid but we have checked the analysis and confirm that all options are suitable for a renal diet in the portions provided.

## Using this menu

This Menu highlights options available across the day, Breakfast, Lunch, Dinner, Beverages & Snacks.

A Catering Assistant will take your meal order between 9.00am - 11.00am for Lunch and 1.00pm - 3.00pm for dinner. It would be useful to review this menu and have your meal choice ready for those times. If you need to be away from the ward temporarily, please let a member of ward staff know your meal choice so it can be ordered on your behalf.

This Menu provides 3 courses, Appetizer, selection of Main Courses, selection of Desserts (hot or cold) there is also the option to choose an additional side from the accompaniments section and a snack item.

## Menu Codes

The following symbols can be used to help guide choice if you have specific dietary requirements.

- ♥ **Healthier Choice.** These dishes are lower in fat, salt and/or sugar
- ↑ **Higher Energy.** These dishes are particularly high in calories.
- P **Higher Protein.** These dishes are particularly high in protein.
- EC **Easy to Chew.** These Meals are tender and easier to chew and can be cut with the side of a fork or spoon.
- V **Vegetarian.** These dishes are suitable for vegetarians.
- GF **Gluten Free.** These dishes do not contain any gluten containing ingredients and dishes contain less than 20ppm of gluten.
- N **Neutropenic.** These meals are suitable for those who require a neutropenic diet.
- 🔥 **Medium Hot Meal.**

If you need help to open food packaging, please ask a member of staff, who will be happy to assist you.

## Food Allergies and Intolerances

If you have a food allergy or intolerance before you order your food and drinks, please speak to our Ward Staff. Further Allergen information is available.

## Appetizer

- Melba Toast V N, Crusty White Roll GF V N, Crusty Brown Roll, Sliced White Bap V N
- Served with Sunflower Spread (vegan) or Butter or Cream Cheese Spread EC V GF N
- Small Mixed Salad with Honey & Mustard Dip ♥ V GF (vegan if dip removed)

## Fish

All fish is from sustainable sources and may contain small bones

- Fish in Parsley Sauce GF EC N P

White fish in a creamy parsley sauce served with mashed potato and root vegetable mash

- Creamy Salmon Pasta ↑ P N

Pasta in a creamy garlic and herb sauce with salmon, spinach and peas

## Beef & Pork

- Cottage Pie GF EC N

Minced beef in a rich gravy topped with mashed potato and served with root vegetable mash

- Beef Pasta Bolognese ↑ N P

Pasta served in a rich minced beef, tomato and herb sauce

- All Day Breakfast ↑ N P

Traditional English breakfast with a Cumberland sausage, streaky bacon, fluffy omelette, baked beans and a hash brown.

## Chicken

- Roast Chicken N P

Roasted chicken breast in a rich gravy served with roast potatoes, stuffing ball and vegetables

- Peri Peri Chicken GF N P 🔥

Peri Peri spiced chicken served with spiced potato wedges, garden peas and a spicy peri peri sauce

- Chicken Tikka Masala and Rice P ↑ GF N

Tender pieces of chicken breast in a spicy tikka masala sauce served with steamed yellow rice

- Chicken, Leek and Gammon Pie ↑ EC N P

Shortcrust pastry pie filled with chicken, leek and gammon in a creamy sauce, served with mashed potatoes and mushy peas

- Chicken and Mushroom Casserole ↑ N P

A small portion of tender chicken in a creamy sauce made with paprika and mushrooms, topped with a dumpling

- Chicken Goujons and Potato Wedges (Finger Food) N

Seasoned chicken goujons served with seasoned potato wedges, carrot batons and broccoli florets

## Vegetarian and Vegan

- Cheese and Tomato Pasta ↑ EC V N P

Pasta in a rich tomato sauce topped with Cheddar cheese

- All Day Vegetarian Breakfast V N GF

A vegetarian version of our all day breakfast with an omelette, baked beans, mushrooms and hash browns

- Plain Omelette ♥ V GF N EC

A plain omelette served with boiled potatoes and baked beans

- Vegetarian Sausages and Potato Wedges (Finger Food) V N

Vegetarian sausages served with potato wedges, carrots and broccoli

- Meat Free Pasta Bolognese ↑ V EC P N (vegan)

Pasta in a rich tomato sauce with Soya mince

- Smokey Bean Chilli ↑ V GF P N (vegan)

A mildly spiced smoky sauce with sweet potato, beans, pea protein mince and peppers served with brown rice

## Vegetarian and Vegan Curries

- Chickpea & Spinach Curry EC V GF N ↑ (vegan)

A mild chickpea and vegetable curry served with steamed rice

- Alu Brinjal Peas V N GF 🔥 (vegan)

Potato and Aubergine Curry served with Peas with Chana Dal and Basmati Rice

- Alu Gobi V N EC GF 🔥 (vegan)

Cauliflower and Potato Curry served with Rajasthani Dal and Saffron Rice

- Aubergine Kala Chana V N GF 🔥 (vegan)

Aubergine and Black Chickpeas served with Teen Dal and Jeera Rice

- Corn Peas Methi V N EC GF 🔥

Sweetcorn & Peas in Creamy Fenugreek Curry with Rajasthani Dal and Saffron Rice

- Cabbage Peas V N GF 🔥 (vegan)

Cabbage and Peas Curry served with Rajasthani Dal and Saffron Rice

- Kadai Vegetables V N EC GF 🔥

Mixed Vegetables with Kala Chana and Saag Rice

- Methi Paneer V ↑ N GF 🔥

Indian Cottage Cheese in a Fenugreek Sauce served with Mixed Dal and Basmati Rice

- Corn Peas Potato V ♥ N EC GF 🔥 (vegan)

Sweetcorn, Peas and Potato Curry served with Chana Dal and Basmati Rice

## Smaller Energy Dense Meal

These meals are particularly suitable for people with smaller appetites

- Salmon Bake ↑ GF N P

Pieces of salmon and peas in a cheese sauce, topped with diced fried potato

- Corned Beef Hash ↑ GF N P

Served with fried diced potato

- Macaroni Cheese ↑ V EC N P

Macaroni pasta in a mature Cheddar and Regato cheese sauce

- Cheese and Potato Bake ↑ GF V EC N P

Served with broccoli

- Pasta Carbonara ↑ P N

Pasta with chicken, mushroom and ham

- Chicken Hotpot EC GF P N ↑

Pieces of cooked chicken in gravy with swede and carrot, topped with sauté potatoes

## Accompaniments

Additional Menu Choice to accompany any meal

- Grated Cheddar Cheese Portion ↑ EC V N P

- Mini Naan V N

- Side Salad with a Honey and Mustard Dip ♥ GF V

(Vegan if dip removed)

- Natural Yoghurt V N P GF EC

- Crusty White Roll GF V N, Crusty Brown Roll,

- Sliced White Bap V N

Served with Butter or Sunflower Spread on request EC V N GF

## Curried Mutton, Chicken and Fish (HMC approved Halal)

- Alu Gosht GF N P 🔥

Mutton and Potato served with Rajasthani Dal & Saffron Rice

- Chicken Saag GF N P 🔥

Chicken and Spinach Curry served with Rajasthani Dal & Saffron Rice

- Chicken Dal GF N P

Chicken and Lentil Curry served with Kadai Vegetables & Saag Rice

- Fish Curry GF EC N P 🔥

Served with Split Masoor Dal & Saag Rice